

Power Tool #5: Gratitude

Step 1: Words to Know

Directions: Review and master each term before watching the video.

TERM	DEFINITION
Advantage	benefit; gain; profit; opportunity favorable to success
Educated	displaying qualities of culture and learning; knowledgeable; skilled in reading, writing, and standard mathematics
Skilled	trained or experienced to carry out required tasks or jobs
Think Critically	able to employ one's mind to evaluate situations clearly and to make good decisions based on correct information
Analyze	examine something carefully and in detail
Propose	to offer or suggest an idea or action
Calculate	to determine using mathematical methods; to determine by reasoning, common sense, or practical experience
Mechanical	having to do with the design, use, and understanding of machines and tools

Step 2: Watch the Video: Power Tool #5 - GRATITUDE

Directions: Access the video from the Crossover Training web site: www.crossovertraining.org. Go to Power Tools and then click on Power Tools Units.

Step 3: Memorize Power Pledge Verse

Directions: You must memorize this verse of the Crossover Power Pledge.

I have Gratitude. I appreciate the **opportunities** and the **people** who support me.

Step 4: Take the Power Tool #5 - GRATITUDE Quiz

Directions: Access the quiz from the Crossover Training web site: www.crossovertraining.org. Go to Power Tools and then click on Power Tools Units. There are two quiz levels. Junior quizzes are for elementary grades through sixth grade. Pro quizzes are for grades seven through high school.

Step 5: Recite Power Pledge Verses Learned So Far

Directions: You must successfully recite all the verses of the Power Pledge you have learned so far to a Crossover tutor or staff member in order to have it signed off on your Power Tools Log.

Hints: I am a powerful person ... I have GRIT ... I have OPTIMISM ... I have RESILIENCE ... I have SELF CONTROL ... I have GRATITUDE ...